contour®

Electronic Muscle Stimulator

Featuring APX
asynchronous pulse exercise

TABLE OF CONTENTS

INDICATIONS AND CONTRAINDICATIONS 1
WARNINGS AND PRECAUTIONS 2
PACKAGE CONTENTS 6
STEP BY STEP OPERATION GUIDE FOR TRAINING
• Preparing Skin for Running a Session 7
• Inserting 3 AAA Batteries 7
• **Setting up the shorts** 7
• Turning ON the Device 8
• Turning OFF the Device 8
Selecting the Program 9
Selecting the Exercise Intensity Level 9
SPECIAL FEATURES 10
CARE AND MAINTENANCE 11
TROUBLESHOOTING 13
WL-2413B STIMULATOR TECHNICAL SPECIFICATIONS 13
Warranty 14

Please read this Use and Care Manual carefully before you start using your TekSmart EMS Device.

Careful reading of the "contraindications/warnings/precautions/adverse reactions/caution with electrodes" sections of this manual is strongly recommended.

INDICATIONS AND CONTRAINDICATIONS

Read the operation manual before using.

Read instruction manual before operation. Be sure to comply with all “CAUTIONS” and “WARNINGS” in the manual. Failure to follow instructions can cause harm to user or device.

Please read the following information carefully before using the TekSmart electronic muscle stimulator.

Indications for use

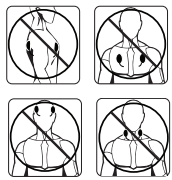
The TekSmart Fitness EMS device model WL-2413B is intended for use by healthy persons to apply transcutaneous electrical muscle stimulation(EMS) through skin contact electrode for the purpose of improvement of muscle tone of the buttocks muscles.

Contraindications

Do not use this system if any of the following conditions are present:

- Do not use this system if you have a cardiac pacemaker, implanted defibrillators or any other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.
- Do not use this system if you have undiagnosed chronic pain.
- Do not use in case of hemorrhagic diseases.
- Do not use if you have any form of implant.
- You are pregnant. The safety of electronic muscle stimulation over the pregnant uterus has not been established.
- You suffer from cancer. The effects of electronic stimulation on cancerous tissue are unknown.
- You are under medical supervision for cognitive dysfunction as you may not be able to comply with safety instructions.
- The unit is in close proximity to shortwave or microwave diathermy equipment or you are connected to high-frequency surgical equipment, because of risk of device interference.
- Wearing the device necessitates placement over areas at which drugs/medicines are administered (short-term or long-term) by injection (e.g. hormone treatment).
- You have epilepsy.
- You have recently undergone a surgical procedure.
- Following acute trauma or fracture.
- In case of critical ischemia of the limbs.
- Persons with suspected or diagnosed heart problems should not use this device.
- Persons with suspected or diagnosed epilepsy should not use this device.
- Do not place less than 2 inches from joints.
- Do not use in case of neuromuscular diseases.
- Do not use on animals.
- The short must not be connected to other objects.
- Do not touch with your fingers the shorts interior while the unit is switched on.
- Keep your unit away from heat source.
- Keep your unit away from short-wave emitting equipment or high frequency surgical devices your unit away from heat source.
- Do not take your device system into a magnetic resonance (MR) environment device.

WARNING AND PRECAUTIONS ⚠



- If you are under the care of a Physician, consult with your Physician before using this system.
- The long-term effects of this system are not known.
- Do not place the pads on or close to your heart.
- Do not place the pads around or close to your neck. Do not apply stimulation over the neck. Severe spasm of the muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing. Stimulation over the neck could also have adverse effect hearing or blood pressure.
- Do not apply stimulation across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to the heart.
- Do not place the pads on or around your head. The effects of stimulation of the brain are unknown.
- Do not use the pads over or close to sores.
- Do not place the pads on the front or sides of the neck across or through the heart (one pad on the front of the chest and one on the back), in the genital region, or on the head, because of the risk of stimulating inappropriate muscles and organs.
- Do not place the pads over any recent scars, broken or inflamed areas of infection or susceptibility to acne, thrombosis or other vascular problems (e.g. varicose veins), or any part of the body where feeling is limited.
- Do not place the pads over areas of injury or restricted movement (e.g. fractures or sprains).
- Do not use this system while sleeping.
- Do not use if you feel numbness.
- Do not use this system in or close to water.
- Do not use the pads over or close to cancerous lesions.
- Do not use the device in the following circumstances:
  -when there is a tendency to bleed internally following an injury of fracture.
  -following recent surgical procedures when stimulation may disrupt the healing process.
  -over areas of skin that lack normal sensation.
- Use the pads only on normal, healthy, clean and dry skin. Do not use the pads on open wounds or rashes, or over swollen, red, infected or inflamed skin.
- If you have ever had back surgery, consult your Physician before using this system.
- Position the pads and operation the unit ONLY as indicated in the Quick Start Guide.
- Avoid areas of injury or restricted movement (e.g. fractures or sprains)
- Avoid placing the pads over metal implants.
- Do not use in the bath or shower, or in an environment of elevated humidity (e.g. Sauna, hydrotherapy, etc).
- Stimulation should not be applied over the carotid sinus nerves, particularly in patients with a known sensitivity to the carotid sinus reflex.

Wait before using next until:

- At least 6 weeks after the birth of your baby (you must consult your doctor before use).
- Do not to use this device if you have an IUD contraceptive device as the safety of the use of this device when used with an IUD has not been established.
- At least 3 months after having a caesarean section (consult your doctor before use).
- The heavy days of your period have finished, because vigorous abdominal exercise is not recommended at this time.

Precautions ⚠

- Read User Manual before using this system for the first time.
- Keep this manual available whenever you use your system.
- The system is intended for personal use on healthy adult muscle only.
- The safety of using the system during pregnancy or birth has not been established.
- The effectiveness of the system depends greatly on a person's individual physical condition. It may not always be effective for every user.
- The safety of neuromuscular stimulation during pregnancy has not been established.
- Use caution when/if:
  - User has skin areas that lack normal sensation.
  - Following surgical procedures if muscle contractions might impede healing process.
  - Over a menstruating or pregnant uterus.
  - There is a tendency to hemorrhage following acute trauma or fracture.
- Place electrodes in accordance with illustrations in the Quick Start Guide.
- This unit should not be used while driving, operating machinery or during any activity in which involuntary muscle contractions may place the user at undue risk of injury.
- Some users may experience skin irritation or hypersensitivity due to the electrical stimulation or the conductive medium.
- Keep the stimulator out of the reach of children.
- Application of moderate heat (thermal wrap) to muscles as well as moistening skin prior to treatment improves treatment efficacy; use of cold packs on treated muscles after treatment is likewise recommended.
- This unit should only be used with the leads, electrodes and accessories provided by the manufacturer.
- The device is not intended for medical use, for the treatment of any medical condition or for any permanent physical changes.
- Contact TekSmart Fitness if your unit is not working correctly. Do not use in the meantime.
- An effective session should not cause discomfort.
- For first time users, muscle stimulation can be an unusual sensation. We recommend that you begin in a seated position with low stimulation intensity settings to familiarize yourself with the sensation before progressing to higher intensity settings.
- The leads and pads must not be connected to other objects.
- Do not over exert yourself while using muscle stimulation. Any workout should be at a comfortable level for you.
- Do not place pads over jewelry or body piercings.
- Start all sessions in a sitting position

Use Caution and consult your physician before using the system if any of the following conditions apply to you:

- You have any serious illness or injury not mentioned in this guide.
- You have recently undergone a surgical procedure.
- You take insulin for diabetes.
- You use the unit as part of a rehabilitation program.
- If you have suspected or diagnosed heart problem.
- If you have suspected or diagnosed epilepsy.
- If you have a tendency to bleed internally following an injury.
- If you recently had surgery, or have ever had surgery on your back.
- If areas of skin lack normal sensations, such as skin that tingles or is numb.
- During menstruation or during pregnancy.
- Some people may feel skin irritation or experience a very sensitive feeling in the skin due to electrical stimulation. If this occurs, stop using your system and consult your physician.
- If skin under one of more pads feels irritated after using the stimulator for a long period of time, use the stimulator for a shorter period of time.
- Minor redness at stimulation placement is a normal skin reaction. It is not considered as skin irritation, and it will normally disappear within 30 minutes after the electrodes are removed. If the redness does not disappear after 30 minutes from the removal of electrodes, do not use the stimulator again until after the excessive redness has disappeared.
- Turn off the stimulator if the stimulation feels unpleasant or does not provide pain relief.
- Keep your system out of the reach of children.
- Use your stimulator only with the pads, cables and accessories recommended by the manufacturer.
- Do not use this System when driving, operating machinery or when swimming.
- Before removing the garment and pads, be sure to power off device to avoid unpleasant stimulation.

After strenuous exercises or exertion:

- Always use lower intensity to avoid muscle fatigue.

Important:

- Do not use your unit at the same time as any other device which transfers an electrical current into the body (e.g. another muscle stimulator).
- Cease using your unit if you are feeling light headed or faint. Consult doctor if this happens.
- Do not touch the pads or metal studs while the unit is switched on.
- Do not use unit on your abs if you are wearing a belly button ring. Remove ring before session.

Note: If you are in any doubt about using device for any reason, please consult your doctor before use.

Pad/Electrode Precautions

- To reposition the pads during a session, always pause the program currently running, reposition the pads and then restart the program again.
- Only use pads supplied by the manufacturer with your device. Any others may not be compatible with your unit and could degrade the minimum safety levels.
- The pads are for single person use only.
- Do not plunge the pads into water while attached to the muscle stimulator.
- Do not apply solvents of any kind to the pads.
- Always ensure the unit is turned OFF before removing the pads.
- Apply the whole surface of the pads firmly to the skin. Do not use pads which are damaged.
- If your skin is red under the pad after a session, do not start another session in the same area until your redness has completed disappeared.

Adverse Reactions

- You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin.
- You may experience headache and other painful sensations during or following the application of electrical stimulation near your eyes and to your head and face.
- You should stop using the device and should consult with your physician if you experience adverse reactions from the device.

Conditions that may affect your TekSmart EMS System

Since the stimulator is a battery-operated electronic system, its output performance and safety may be affected greatly in extreme humidity. Therefore, it is very important to keep the stimulator dry to ensure the safety and performance of the stimulator.

Additional Warnings ⚠

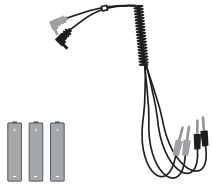
- No modification to the equipment is allowed.
- Remove the batteries if the equipment is not to be used for some time.
- The electrode pad is the applied part of the device.
- Simultaneous connection of a patient to a high frequency surgical ME equipment may result in burns at the site of stimulator electrodes and possible damage to the stimulator.
- Do not use this device directly on the eyes, covering the mouth and the front of the neck.
- This device has IP2X degree of protection(Protection against penetration of solid foreign objects of 12.5mm diameter and greater).

Condition (Operating/Transportation/Storage)

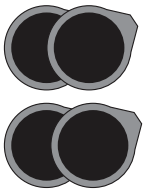
Item	Operating	Transportation	Storage
Temperature	5-40° C 41-104° F	10-40° C 50-104° F	0-45° C 32-113° F
Humidity	30-85%	30-75%	20-90%

Package Contents:

EMS Device

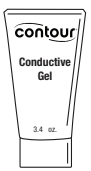


3- AAA Batteries Lead-Wires

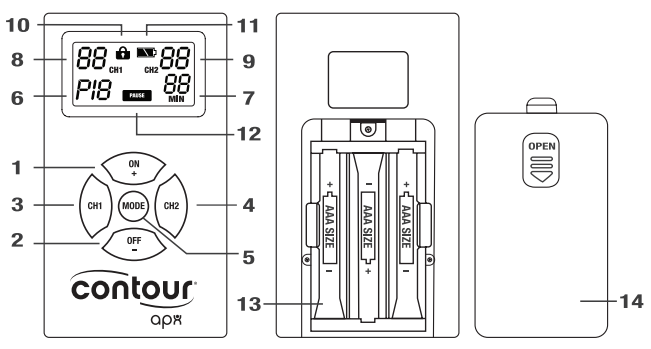


4 - Silicone Electrodes

The Curvassure™ Butt Toning Shorts



3.4 oz. Tube
Conductive Gel

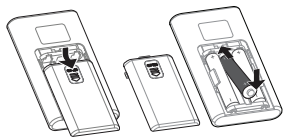


Device Features

1. Power on/adjust/increase setting key
2. Power off/adjust/decrease setting key
3. CH1 key
4. CH2 key
5. Program/Pause
6. Program number
7. Time remaining
8. CH1 intensity level
9. CH2 intensity level
10. Lock status indicator
11. Battery status indicator
12. Pause indicator
13. Battery compartment
14. Battery cover

Inserting/Changing the Batteries

1. Open the battery compartment at the back of the device by pushing the battery cover labeled “Open” downward (this area features raised marks for easy identification).
2. Insert 3 AAA (1.5 V) batteries in the battery compartment; make sure to match up the symbols (+/–).
3. Close the battery cover by carefully placing the stud into the slot in the rear area and sliding it upward, applying slight pressure.
4. Follow the same procedure when replacing the batteries as needed. Always read and follow the specific instructions of the battery manufacturers.



Note: Always use only 3x1.5V(AAA) batteries.

- Keep away from children.
- Do not recharge.
- Do not short-circuit.
- Do not throw into a fire.
- Please recycle. Do not dispose of old batteries with your household waste; dispose of them safely at your recycling centre or business where the batteries were purchased.

Preparing the Skin for a Session

Proper preparation of the skin covered by the electrodes allows more stimulation to reach targeted tissues, prolongs electrode life, and reduces the risk of skin irritation. Wash the area with mild soap and water (don't use alcohol). Rinse and dry thoroughly.
Make sure that your skin is clean and free of oil

Setting-up the Shorts

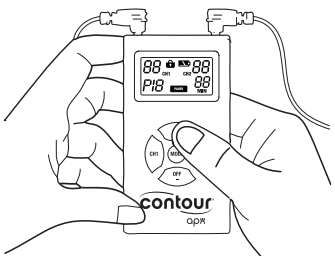
1. Turn the short inside out and lay on a flat surface.
2. Bend the electrode slightly and insert into the pockets with the gray side down and black side up. Insert one electrode in each of the electrode holders,sliding the electrode under the pocket lip.
3. Insert pin-end of the four lead-wires through the eyelet hole on the outside of the shorts. This can be done on the left-side or right-side depending on which pocket you prefer to put the device in during your session.
4. Slide one Blue tip wire over and out of the upper right eyelet hole. Slide the other Blue tip wire down and out of the lower right eyelet hole. Slide one Black tip wire out of the upper left eyelet hole. Slide the other Black tip wire down and out of the lower left eyelet hole.
5. Insert the pin-end of the lead-wire snugly into the electrode. Repeat for all wires. Make sure the wires are completely inserted into the electrode.
6. Apply a small (dime size) amount of the conductive gel on the electrodes with your finger, smear the gel around covering entire surface of the electrode.
7. Turn the short right side out and slide onto your body, pulling them up from the waistband. Try to keep the electrodes away from contacting your gluteus until the shorts are completely on. (In the event that some gel gets on your leg in the process of pulling the shorts up, simply wipe it off with a cloth.)

The electrodes will need to be touching your bare skin in order to create a contraction. You may want to wear a thong if you do not feel comfortable wearing the compression shorts without undergarments. You might need to adjust the position of the garments slightly until you find the most comfortable position. However the positioning will become much easier after a few sessions. For reasons of Hygiene, please do not share Well Life Buttock Muscle Stimulator and its accessories with others, for single person use only !

Turning On the Device

1. Press and hold the ON+ button for one (1) second to turn on the device.
2. The most recently selected program will flash when the unit is turned on.

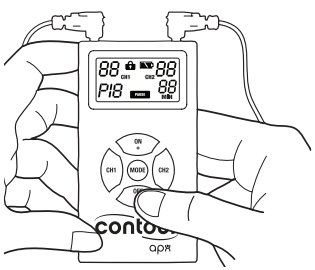
Note: Do not turn the unit on until the shorts are set up and ready to use.



Turning Off the Device

1. The device turns off automatically after the exercise session time has elapsed.
2. To turn the unit off manually, press the OFF- button for three (3) seconds. The display will go blank and the device will turn off.
3. In an emergency you may also pull the connector wire(s) from the device.

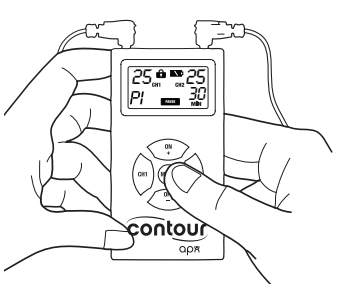
Note: To prevent unpleasant electric shocks, never remove the device while it is still turned on.



Selecting the Program

The Device offers three different preset training programs. The programs differ with respect to varying pulse widths, frequencies and ON/OFF time.

1. Press the MODE button. The "P" # will be flashing. Press ON + or OFF – repeatedly until the desired program flashes on the display. Press MODE to save your selection.

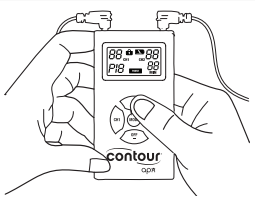


Programs

Program	Mode	Pulse Width (uS)	Frequency (Hz)	Ramp Up (sec)	On Time (sec)	Ramp Down (sec)	Off Time (sec)
P1	Beginner	300	50	2	5	2	9
P2	Intermediate	300	60	2	4	2	8
P3	Advanced	300	70	2	3	2	7

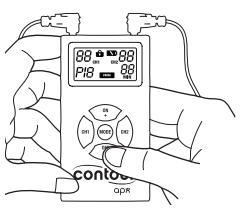
Selecting the Contraction Intensity Level

The Device offers maximum 25 intensity level



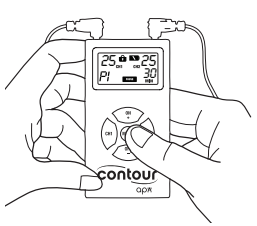
1. Intensity is adjustable .To increase or decrease the intensity, press ON + (to increase) or OFF – (to decrease) repeatedly until the desired intensity level flashes on the display.

Note: You will feel the intensity increase or decrease as you select the intensity level. You can use this as a guide to select a level that is comfortable for you.



2. The intensity level can only be adjusted when the system is set and the electrodes are in contact with the skin.

3. The intensity level will reset to 0 each time the device turns off, including after training sessions , or changing the Program during training session.



Your Contraction Intensity Level

For those not familiar with the sensation of ems it can be a little strange. As you increase the intensity you will initially feel a tingle in the area under the pads. Gradually increase the intensity until you feel your muscles contracting. As the intensity is increased more muscle fibers are stimulated and you will feel a strong contraction and be able to see muscle movement. The intensity should be set where you feel a good contraction and it is not uncomfortable. As your muscles adapt you will be able to increase the intensity more in order to get a deeper contraction.

Important Information:
The Intensity Level for this muscle stimulator can only be adjusted when the electrodes with conductive gel have good contact with the skin.

Special Features

Exercise Time
30 minutes.
Time will countdown on the display in 1-minute increments for the duration of your session.

- The device turns off automatically when the exercise time has elapsed.
- The last exercise program you used will appear on the display, when you turn on the device.
- To change the program, press ON + or OFF – repeatedly until the desired program appears on the display.
- Press MODE to save your selection. The program you selected will appear on the display the next time you turn on the program.

Lock Function
Press and hold the ON + and OFF – keys simultaneously for 1 second to lock/unlock the device.

Pause
Press MODE for a two (2) seconds and PAUSE will flash on the display.
Press MODE again, PAUSE will disappear on the display and session will continue.
The intensity level will stay at your current setting and time will continue to count down.

Automatic Shut-off
- The device automatically turns off when no button is pressed for 60 seconds.
- The device automatically turns off when the time for your exercise session has elapsed.

Intensity Level Reset
For your safety and comfort, the intensity level will reset to 0 each time the device turns off, including after exercise sessions.

The session will discontinue if the wires are not correctly connected to the electrodes.
The intensity level will reset to “0” any changes are made the mode setting during exercise session.

Low Battery Status Indicator
The battery status indicator will light whenever the battery is low.
This means that you will have to replace the batteries soon.

Care and Maintenance

Muscle Stimulator

The stimulator may be wiped clean with a small amount of soapy water on a clean cloth.
Do not submerge the stimulator in liquids or expose it to large amounts of water.

- Never use aggressive cleaning products or stiff brushes to clean the device.
- Remove the batteries before cleaning the device.
- Do not use the device again until it is completely dry.
- Do not expose the device to direct sunlight.
- Protect the device from dirt and moisture.

Short

- For hygiene reason, the short is reusable for single person use.

Cleaning instruction:

- Wash at 86º (30º C), low intensity wash, normal rinse and reduced spin cycles.
- Do not bleach.
- Do not iron or steam.
- Do not dry clean or use stain removal solvents.
- No tumble drying. The shorts should be air-dried, lying flat or hanging.

Cables

Disconnect the cables from the stimulator when not in use.
Do not pull on the cables but rather on the plugs attached to the ends of the cables.
Store the stimulator with the cables in a clean, dry place.

Electrodes

- The electrode pads are conductive silicone pad, reusable for single person use .
- Take off from the garment after each use, wipe off and dry the electrodes with a soft cloth dampened with soap and water.

How to Store Your System

1. Store your system at room temperature in a dry place, out of the reach of children.
2. If the stimulator will not be used for more than a week, remove the batteries.

Replacement Parts

Go to www.contouroutlet.com to order replacement parts. Be sure to use only Curvassure Butt Toning System parts :

- Silicon Pad : Part # SP-95D (4 pcs/pack)
- Conductive gel : Part # JT-001 (3.4 fl oz /100 ml)
- Lead Wire : Part # LE-WS-042
- Shorts: There are 4 sizes available Small (S), Medium (M), Large(L) , Extra Large (XL).

Size	US Size	Waist	Hips
S	4-6	26”- 27”	34.5”- 36”
M	8-10	28”- 30”	38.5”- 39.5”
L	12-18	32”- 37”	41”- 46”
XL	20-22	38”- 43”	47”- 50”

Guidance and manufacturer's declaration – electromagnetic emissions		
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.		
Emissions	Compliance	Electromagnetic environment-- guidance
RF emissions CISPR 11	Group 1	The EQUIPMENT uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The EQUIPMENT is suitable for use in all establishments including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable	

Guidance and manufacturer's declaration – electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment -guidance
Electrostatic discharge (ESD) IEC 61000-4-2	± 6 kV contact ± 8 kV air	± 6 kV contact ± 8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrical fast transient/burst IEC 61000-4-4	± 2 kV for power supply lines ± 1 kV for input/output lines	± 2 kV for power supply lines ± 1 kV for input/ output lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1 kV line(s) and neutral to line(s) ± 2 kV line(s) to earth		Mains power quality should be that of a typical commercial or hospital environment.
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 Vrms 150 kHz to 80 MHz	Interference may occur in the vicinity of equipment marked with the following symbol:
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m 80 MHz to 2.5 GHz	
NOTE: U_T is the a.c. mains voltage prior to application of the test level			

WL-2413B STIMULATOR TECHNICAL SPECIFICATIONS

Channel: Dual, isolated between channels.
Pulse amplitude: Adjustable 0 – 80mA peak into 500Ω load each channel.
Pulse Rate: As pre-programming operation mode.
Pulse Width: As pre-programming operation mode.
Software ramp up feature: Pulse width ramp up when change mode.
Timer: 30 minutes.
LCD: Show modes, pulse rate, pulse width, timer, CH1/CH2, intensity level, pause.

Function Mode	Pulse Width (uS)	Frequency (Hz)	Ramp Up (sec)	On Time (sec)	Ramp Down (sec)	Off Time (sec)
P1	300	50	2	5	2	9
P2	300	60	2	4	2	8
P3	300	70	2	3	2	7

Wave Form: Symmetrical Bi-Phasic square pulse.
Max charge per pulse: 24 micro-coulombs maximum.
Power Source: 3x1.5V(AAA) / 4.5 Volt batteries
All electrical specifications are ±20% at 500Ω load.

Description of symbols : There are a number of technical symbols on your ems device explained as follows:

This symbol means " Serial number "

This symbol means " Manufacturer "

This symbol means please apply regulations enforced in your country when disposing your batteries and product at its end of life Ensuring it is disposed in an environmentally friendly manner.

These symbol mean " Attention, consult the accompanying documents

This symbol means type BF equipment; this device offers protection against electrical shock by stand compliance to leakage currents.

Troubleshooting

Always check the unit and accessories before use to prevent damage and defects.

1. Make sure the batteries have sufficient charge and are not corroded.
2. Make sure the cables fit tightly into the connection sockets of the device.

If you cannot remedy the defects as described below, contact Customer Service.

Problem	Possible Cause	Solutions
The device does not turn on	No battery or bad battery	Replace batteries
The device turns on and then off again	Battery not inserted properly Battery life expired	Insert batteries again or replace batteries
The device turns on, but does not generate electric pulses	Intensity is too low	Increase the intensity
	Lead-wire broken	Replace lead-wires
	Lead-wires not connected properly	Reinsert lead-wires correctly
	Treatment time has expired	Switch unit OFF and back ON
	The battery power is low	Replace batteries
Unpleasant feeling beneath the pads	Poor pad contact	Ensure the pads have a thin layer of gel on them and they are flat against your skin
The unit does not turn on even though new batteries have been inserted	Device may be faulty	Contact customer service

WARRANTY

This TekSmart muscle stimulator device carries a one-year warranty from the date of purchase.

The warranty does not apply to damage resulting from failure to follow the operating instructions, accidents, abuse, alterations or disassembly by unauthorized individuals.

The warranty applies to the main device and necessary parts and labor relating thereto. Battery, lead wires, electrodes, and other accessories are warranted to be free from defects in workmanship and materials at the time of delivery.

The system accessories - short and conductive gel, for reasons of hygiene, they can neither be taken back nor exchanged once used.

The distributor reserves the right to replace or repair the unit at their discretion.

HOW TO GET HELP

To get assistance or answers to your questions, please contact:

TekSmart Fitness, LLC
Visit our website for updates and more information.
www.curvassure.com

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